

Fate of Didion K-8 hanging in the balance

See page 4

Marty Relles presents
'Janey Way Memories'
See page 5

COMMUNITY CALENDAR, PAGES 24-25 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 26

Inside This Edition



Entrepreneur develops site for forgotten favorites
See page 6



Over 50 years dedicated to serving others
See page 8



Sacrifice respected

Pocket residents honor fallen soldier

See page 26



Greenhaven Animal Hospital

More Than Just a Veterinarian!



FUN FACT
Did you know dogs see certain colors?

- Full Service Animal Hospital • Health Exams • Dentistry
- Medicine/Surgery • Vaccinations • Spays/Neuters

1 Valine Court • 916.391.3677

Monday - Friday: 7:30am - 6pm • Saturday: 8am - 5pm

Check out our website for more special offers! www.vcagreenhaven.com

Ask About Our New
Animal BEST CARE
Checkup Promotion

For Pets Ages 1-6 Call for Details





Information is
FREE

Knowledge + Experience
PRICELESS!

**It is never too early to start
planning to buy or sell a home!**



Nick LaPlaca
764-7500



24 Hour Info @ www.NickLaPlaca.com

THE POCKET NEWS
WWW.VALCOMNEWS.COM

Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Advertising Executives..... Linda Pohl
Patty Colmer, Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

E-mail stories & photos to: vcnnews@valcomnews.com

Vol. XX • No. 3

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Barbara Cherry
Other photos by:
Lance Armstrong
Susan Laird

• Advertisement design • Commercial flyers • Logo development
• Political campaigns • Brochures • Posters
• Postcard mailers • Identity systems • Any print design

red all over
DESIGN

Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more info.



Under New Ownership



Fresh Homemade

Soups • Sandwiches • Salads

Add a Cup of Homemade
Soup to any Sandwich for

.99¢

Monday-Wednesday. Expires 02/28/11

364 Florin Road @ Riverside Blvd.
916-422-2711

FREE SANDWICH

Order 1 sandwich & 2 drinks at
reg. price & get the 2nd sandwich
of equal or lesser value for free.

Monday-Wednesday. Expires 02/28/11

Mon-Thurs: 7am-3pm
Fri: 7am-7pm • Sat: 8am-4pm

**a market
like no other.**



Oto's Marketplace

**From Sashimi and Kobe Beef, to fresh, local produce, and
hundreds of unique items you won't find anywhere else.**

- Everything you need to host your own sushi party
- Dozens of unique Japanese Soft Drinks
- Sake, tofu, and miso products!

4900 Freeport Blvd. (Corner of Freeport & Harian)
916.424.2398 • www.otosmarketplace.com

Riverlake Living... Flexible, Affordable & Still Available.

Now Featuring Flexible Floor Plans for Multi-Generational Living

Here at The Islands at Riverlake, we now have homes with bedrooms on both the lower and upper levels — ideally designed for families who need to house three generations under one roof. But, don't delay...these are some of the last new homes available in the Riverlake community.

Come tour our stunning model complex with its unique, one- and two-story home designs featuring private streets and rear-loading garages, starting at 1428 square feet and priced from the mid \$300,000s. As a resident of this upscale community, you will also benefit from Riverlake amenities, such as direct access to the lake, specialty shopping centers, a Montessori school, parks and picnic areas.



LOWER LEVEL



UPPER LEVEL



ISLANDS AT RIVERLAKE
8002 LINDA ISLE LANE
SACRAMENTO, CA 95831

Sales Gallery Hours:
Mon. 1 pm to 6 pm
Tues. - Sun. 11 am to 6 pm

3% Broker Co-op

916-422-2202

www.islandsatriverlake.com

In a continuing effort to improve our homes, Regis reserves the right to make changes and modifications to plans, elevations, specifications, features, colors and prices without prior notice. All plans, renderings, landscaping and maps are artists' conceptions and not to scale. All dimensions and square footages are approximate.





TAKE A VACATION FROM LONLINESS!

- Fine Dining • On-Site/Local Activities • Big Screen TV
- Medical Appointments – Our Bus Service • Grocery Shopping
- Bank and Local Shopping • Laundry Facilities
- Full Beauty Salon (Men & Women)

See How You Can Save Up To **\$9000 Per Year!**

For Complimentary Tours
(916) 486-3533 • www.theatriumofcarmichael.com



Didion K-8 to remain open – for now

By SALLY KING
Pocket News writer

Anxious parents filled the gymnasium at Genevieve F. Didion K-8 School on Jan. 27. They wanted to find out what the future holds for their children's school. The meeting left many with a sense of unease.

Kathy Windheim, whose children once attended Didion, organized the meeting because a rumor of school closure was going around her neighborhood.

City Councilmember Darrell Fong, Sacramento City Unified School District Board Member Darrel Woo and SCUSD Superintendent Jonathan Ray-

mond were present to address parent concerns.

Committee to determine potential closure of schools

Woo said that the last SCUSD board meeting discussed possible school closure in the district. He announced the creation of a new district advisory committee, known as the 7-11 Committee, to determine which schools might close. Woo said the new team would be established by Feb. 2. The Didion School community was invited to send one person to join the committee. Woo said the commitment for that individual would be one year.

According to Woo and Raymond, the criteria for school

closure would not be based on academic performance, but on the condition of school facilities, vehicle traffic patterns (busy streets) and on attendance numbers at each school.

Raymond said that recommendations from the committee would be "rolled out" to parents sometime in late summer or early fall.

Academic performance off the table

Parents asked know why academic performance was being left out of the decision-making process. Raymond's response was that he did not want emotional issues to be a part of this process.

"Academic performance is a hotbed issue," Raymond said. "We want clean, clear decisions to be made."

Glenn Takeda, who has two children at Didion, said his main concern about the 7-11 Committee is not including academic performance in the study.

"The last 7-11 group could not come up with solutions," Takeda said. "If academic performance is not included in this

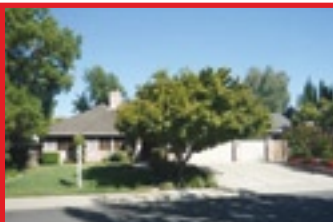
Native Sacramentan Pocket/Greenhaven SPECIALIST



Susie Kuwabara
Parker
768-8494
SusieSellsSac.com



946 Lake Front Drive \$359,000
4 beds, 3 baths, 2393 sf. Halfplex, great location, tons of nice features.



7740 South Oak Way \$439,000
2600sf, 4 bed, 2 bath, 3 car garage. Hardwood floors, new Anderson windows in most rooms.

1016 Cobble Shores Dr (On the Lake, 6000 SqFt)	\$1,475,000
22 Oak Ranch Court	\$1,100,000
957 Landfront Drive (4/5 Bedroom, Pool).....	\$679,000
7740 South Oak Way (One story, 4 bedroom)	\$439,000
390 Country River (Contemporary & pool).....	\$439,500
6955 S. Land Park Drive (Duplex, 3/2 & 2/2).....	\$389,000
6344 Oakridge (2500 SqFt).....	\$379,000
5 Angel Island Circle (PENDING).....	\$369,000
946 Lake Front Drive (4 bed, 3 bath)	\$359,000
904 Cobble Shores Drive (Gated, 2000 Sq.Ft.)	\$298,500
553 Leeward (Condo, Short Sale)	\$94,000

RECENT SOLDS

7616 West Vista Way (SOLD).....	\$839,000
7704 East Port Drive (REO-new 4700 SqFt) (SOLD).....	\$800,000
823 Lake Front Drive (Riverlake, 1 story) (SOLD).....	\$749,500
1007 Cobble Shores Dr (Lake Front, 3000 SqFt)(SOLD).....	\$749,000
959 South Beach (4 bdr + office - Gated) (SOLD)	\$719,000
5 Southerest Court (SOLD)	\$649,000
7035 Riverside (halfplex) (3 car garage) (SOLD).....	\$234,950

See Town Hall, page 17

PLEASE JOIN US FOR OUR 2011

CASINO NIGHT!

THURSDAY, FEBRUARY 17 • 6:00 - 7:30 PM

Professional card dealers will host black jack, poker, and roulette tables. All skill levels are encouraged to attend and MG Money will be handed out at the door!

Hors d'oeuvres and cocktails will be served all evening, so grab a friend or neighbor, and we'll see you here!

RSVP by February 14th.



MERRILL GARDENS

AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831

www.merrillgardens.com



RETIREMENT & ASSISTED LIVING



How 'the Pit' changed as I grew up



By **MARTY RELLES**
Pocket News columnist
marty@valcomnews.com

I moved to Janey Way in 1952 just after celebrating my fifth birthday.

The day after I arrived, my next door neighbor, Butch, took me down to play in the "Pit," a vacated sand and gravel site which abutted the back yards of the houses on the east side of Janey Way.

It must have looked like the Grand Canyon to a five-year old boy. The site sank about 30 feet into the ground and stretched in an L pattern from M Street on the south all the way over to Elvas Avenue on the north, then across to 62nd Street on the east. It covered about 40 acres of the land on which the St. Francis Catholic High School now stands.

At that time, a dirt road snaked down into the bottom of the Pit from the M Street side of the site, just behind the Petrocchi house at the beginning of Janey Way. Big trucks entered the Pit almost daily to dump their contents in an effort to backfill the big hole. They dumped things like broken pieces of concrete, waste lumber and dirt.

We used this debris to build forts to play in. We also did things like racing our bikes over and around the mounds of dirt left by the trucks, playing cowboys and Indians and staging mock battles between pretend armies.

The Pit was our playground and because it changed shape daily that made it all the more fun.

But the Pit went through many changes as we grew up. By the late 1950s, the entire east end of the pit was level ground. In 1959, the East Sacramento Little League built a baseball diamond on that section of the site. It was a beautiful diamond with bright green fences all around, built-in dug-outs, stands for the fans on both sides of the field and a two story structure behind the back stop for a snack bar and a public address system. I played my first and only year of Little League baseball in that park.

Soon after that, all the rest of the Pit was leveled to look like a large vacant lot except for a tall mound of dirt in the middle we called Mount Everest. We played often on that hill. We used it as lookout, as a hide out, and as a stage for great military maneuvers. The younger Janey Way kids actually staged gladiatorial fights on the top of Mount Everest.

On July 4th, we lit fireworks on top of Mt. Everest even before Red Devil and Freedom fireworks were sold in town. Dom Costamagna lit flares and popped fire crackers. Once he even shot off a naval flare which turned the night sky red over the top of our Mt. Everest. However, soon after that even Mt. Everest disappeared.

By the mid 1960s, the Diocese of Sacramento constructed St. Francis High School on the area we once called the Pit. We had grown up then and our days of playing army, riding bikes and building forts had long since ended.

Now the Pit is just another cherished Janey Way memory.

Please send your updated
2011 Calendar announcements

...especially if you host monthly events!
e-mail to susan@valcomnews.com

Fax to: 429-9906

Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818



Local Mortgage
Bankers



Serving
Sacramento
Homeowners for
over 25 Years!

Dave Mendoza

Managing Director/Certified Mortgage Planner

916-977-1227 direct

916-768-5231 cell

dmendoza@comstockmortgage.com

With rates at historic lows
it is a great time to save money!

CALL DAVE TODAY!

WWW.COMSTOCKMORTGAGE.COM | CA DRE Lic. #61886877 | NMLS ID #243899 | SAC EST MORTGAGE DBA COMSTOCK MORTGAGE



GEN-NIH YOGA

(In the Iyengar Tradition)

NEW STUDIO OPENING FEBRUARY 1, 2011

1049 Broadway, Suite 10 • Sacramento 95819

Mary Chan, Owner and manager
Certified Iyengar Teacher

916-731-4831

or email ma9777@aol.com

All Teachers are Iyengar certified or
studying for certification.

Renee Bouck (certified),

Yvonne Shanks, Linda Thepot

GRAND OPENING FEBRUARY 19th, 2011

FREE Classes – Every Hour, All Day beginning at 9:00 am.



Think of life insurance from New York Life as a gift of financial protection. Since 1845, we've provided peace of mind through the toughest times. And we have the highest possible ratings for financial strength.† You see, as a mutual company, owned by our policyholders, we share your goal of providing for your family's long-term security. Give them the most selfless gift of all, a more secure future.

Talk with us. We proudly offer New York Life products.

Mark J. Pratt, CLTC*
CA Insurance License # 0669221
Pratt Financial & Insurance Services
430 F Street, Suite G
Davis, CA 95616
(530) 753-4195
Mark@prattfinancial.com



Esther Aw, CLTC*
CA Insurance License # OC15780
EMA Financial & Insurance Services
8110 Pocket Road, Suite 101
Sacramento, CA 95831
(916) 646-0310
Esther@estheraw.com

* Independently owned and operated from New York Life and its affiliates.
† Agent. Licensed to sell insurance through New York Life Insurance Company and may be licensed to sell insurance through various other independent unaffiliated companies.

† Standard & Poor's (AAA), A.M. Best (A++), Moody's (Aaa) and Fitch (AAA) for financial strength. Source: Individual Third Party Ratings Reports (as of 7/7/09). © 2011 New York Life Insurance Company, 51 Madison Avenue, New York, NY 10017. SHERU 00425/072 CV (12/31/11)

Know your neighbor

Pocket resident working to preserve unknown local, national recorded music via new Web site

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Already recognized in the capital city for his dedication to preserving the history of the region's music scene through a local music exhibit featured during midtown Sacramento's Second Saturday Art Walk, Pocket area resident Dennis Newhall is at it again.

This time he is working on another project that will preserve a separate part of the area's music history – previously unavailable recorded music, which is being made available via the Internet.

Having put forth his energies toward establishing and continuously building the aforementioned exhibit that is the Sacramento Rock and Radio Museum, which features local concert memorabilia and classic radios of yesteryear, as well as co-founding the record label DIG Music, Newhall, along with a business partner, has now launched the Web site www.myhometownbands.com.

Right place, right time

For Newhall, whose involvement in the local music scene includes his work as an announcer and production director for the locally legendary KZAP radio station during the early 1970s and his various work for another locally memorable radio station, KROY, from 1979 to 1986, said that the Web site was established through a "right place, right time" type of situation.

"About three years ago, I went on to the Cowboy Junkies (band) Web

site and they said 'we just uploaded a bunch of live and unreleased material' and I found myself in about a half an hour spending 45 bucks," Newhall said. "And I thought, 'Wow, they took all this stuff that wasn't available anywhere else, it's really appealing to fans, would never make it on iTunes, because it's like a remixed version of an album that iTunes already has.' (The band) just got a bunch of money out of me and it was really easy. I thought, 'Wouldn't it be great as a way to pick up odds and ends from acts that aren't savvy enough to have their own Web site or that you could aggregate all this stuff that isn't available anywhere else.' And I had that idea in my head when Mark Chiolis (who worked for Channel 31 in the 1980s) called me up and said, 'I'm working on this idea.'"

It just so happened that Chiolis' idea was very similar to Newhall's idea to make formerly unavailable music available via a Web site.

Deciding to work together on such a project, Newhall and Chiolis, who met many years ago while Newhall was working at KSFM in Woodland, launched www.myhometownbands.com last June.

In establishing the site, Newhall and Chiolis opted to create the site as a means for music fans to purchase music that was not created by the most popular, nationally known bands of various eras, but from local bands – bands that had a following in their home region.

Chiolis and Newhall agreed to use Sacramento as a test market for



Pocket News photo, Lance Armstrong
Dennis Newhall shows off an old poster from a local concert by The Features, one of the bands presently utilizing the new Web site, www.myhometownbands.com.

a long-term goal for the site to be available in cities throughout the nation.

Newhall said that his work with many musicians throughout the years and his involvement with Dig Music have proved to be very helpful in his efforts to attract bands to the site.

Thus far the site, which is continuously becoming more user friendly, features the bands Steelwind, Sedona, the Charlie Peacock Band, the Rutabaga Boogie Band, Buddy Davis and Rhythm Coalition, The Features and The Runners.

The following are Newhall's descriptions of three of the site's featured musical acts:

Steelwind

"Steelwind – not (the Sacramento band) Steel Breeze, who had that one hit ("You Don't Want Me Anymore") – was a well regarded band in Sacramento (during the 1970s) that Craig Chaquico (of the Jefferson Starship and later Starship) came from. I got a whole album's worth of stuff

See Music site, page 7



405 Roundtree Court
\$85,000

Newly refurbished. Beautiful Roundtree HOA located in the heart of Greenhaven. Gated community close to public transportation & downtown area.

"Committed to the Clients"

Making home buying pleasurable from start to finish...



Karla Oppliger

Real Estate specialist for over 23 years

916-799-0010
KarlaOpp@comcast.net



ADULT BASEBALL

Want to play hardball again but don't know where?
You can play ball again in

**THE NATIONAL ADULT
BASEBALL ASSOCIATION**

with over 60 existing teams in the Sacramento area.

**18+, 25+, 35+, 45+ & 55+
Age Groups**
Various Levels of Play
18-22 Game Season
All Star Games • Playoffs
Championships • Awards



**For Info call (916) 729-3373
or visit www.sacnaba.org**

**NABA NOW ACCEPTING NEW PLAYERS AND TEAMS
UMPIRES ALSO WELCOME • SUNDAY GAMES**



Photo courtesy, www.myhometownbands.com

The Features was once a popular New Wave genre band in Sacramento.



Photo courtesy, www.myhometownbands.com

According to the Web site www.myhometownbands.com, The Runners was a band that was dedicated to its plan to "bring world music with funk rhythms and a spiritual message into the Nor Cal rock and roll arena."

Music site: Band aficionados can download live performances for a small fee

Continued from page 6

that (Steelwind) recorded before the album that they recorded and released (on the RCA record label) and photos and information about the songs."

Charlie Peacock

"I got a dozen or so songs from Charlie Peacock, who was big in Sacramento in the club scene and then he went off to become a fairly successful producer and a Christian musician and a jazz musician."

The Features

"Then there was The Features, who were kind of a New Wave band. They put out a self-produced album, but they also did a couple of shows that they recorded in really good quality. We put those out."

In addition to the site's user friendly features for fans, the site was also created as a user friendly avenue for bands to upload their own music, photographs, histories, etc.

An introductory window on the site invites band members to "dust off those old masters" from the darkness of their closets and "let in the light and fresh air and allow those great sounds to once again be shared with the fans that loved them and sang along with them."

Newhall said that the site can also be used by active bands that are presently performing and recording music.

"That's part of the key (of the site); getting it so that a band can say, 'I've got my CD out, but I've got 20 tracks that we've recorded that we're not putting on a CD or we're not putting on iTunes or we're not downloading on our Web site. (The band) can say, 'We've got a live album and we just want to get it out there. We played last night and we would like to post it, so people can hear it, but I'd like to make a few bucks.'"

Additionally, in a manner somewhat similar to bands such as The Who, Pearl Jam and The Cult, who made their live songs of entire tours available to their fans on CDs, a band with a laptop computer can post recordings of every live show that they performed and charge, for example, 69 cents per song.

But contrary to CDs, bands can avoid the manufacturing and shipping costs and simply upload music to the site that would be available for fans to purchase.

Although Newhall is excited about the Web site's potential, his experience in the music business causes him to carefully speak about the future of the site.

"We're testing; we're test marketing," Newhall said. "You have to find out if there's any desire for anybody to want to do this in order to go out and get more mon-

ey, so you can go to more towns and get more material. In the best of all worlds, this site would have 2,000 bands from every city in the country, all categorized with thousands of songs that really don't fit anywhere else, but we know are going to appeal primarily to the audience from (a particular) area. People can say, 'Oh, I remember that band. I used to go to see them at such and such of club.' But secondarily, someone who is just interested in music they've never heard can go poking around and check out some of the other bands in some of the other cities."

In understanding that without notoriety, the Web site might as well not exist, Newhall said that efforts are continuously being made to inform people about the existence of www.myhometownbands.com.

"Right now, we're just trying to get the word out," Newhall said.

<p>FUNERAL DIRECTORY</p> <p>www.valcomnews.com</p>	<p>EAST LAWN ANDREWS & GREILICH MORTUARY FD136</p> <p>3939 Fruitridge Road Sacramento, CA 95820</p> <p>"Ready to provide guidance at a difficult time."</p> <p>916-732-2026</p>	<p>EAST LAWN EAST LAWN MEMORIAL PARK</p> <p>4300 Folsom Blvd. Sacramento, CA 95819 916-732-2000 FD1242</p> <p>"Embracing a unique commitment to Sacramento and its people"</p>	<p>EAST LAWN ELK GROVE MEMORIAL PARK AND MORTUARY FD1455</p> <p>9189 East Stockton Blvd. Elk Grove, CA 95624 916-732-2031</p>	<p>GEORGE L. KLUMPP CHAPEL OF FLOWERS FD 360</p> <p>2691 Riverside Boulevard Sacramento, CA 95818</p> <p>Phone: (916) 443-7917 Fax: (916) 443-7931</p> <p>Family owned and operated since 1921</p>
<p>ODD FELLOWS LAWN CEMETERY & MAUSOLEUM</p> <p>"Service for all, regardless of Faith or Creed"</p> <p>2720 Riverside Blvd Sacramento 95818 916-443-8598 oddfellows-cmtry-sac.com since 1905 COA46</p>	<p>Harry A. Nauman & Son</p> <p>Dignity FD366</p> <p>4041 Freeport Blvd Sacramento, CA 95822 (916) 452-6157</p> <p>Serving Sacramento Families since 1903. Pre-arrangement packages available.</p>	<p>Since 1927 Dignity FD Lic# 355</p> <p>Nicoletti, Culjis & Herberger Funeral Home, Inc.</p> <p>5401 Folsom Blvd • Sacramento 95819 (916) 451-7284 Pre-arrangement packages available.</p>	<p>SIERRA HILLS MEMORIAL PARK AND EAST LAWN MORTUARY</p> <p>5757 Greenback Lane Sacramento, CA 95841 916-732-2020 • 916-331-9800</p> <p>"Knowing that professional guidance is always by your side" FD1242</p>	<p>LIST YOUR FUNERAL SERVICE/HOME HERE</p> <p>Call Patty (916) 429-9901</p>

Vocation of serving, healing others finds daily higher purpose

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

Every morning, Billie the dog wakes up in his doggie bed, stretches and looks for his human to get the day started. The beagle/fox terrier mix knows the basic routine. His human does important work at Kaiser Social Services in adult psychiatry, and helps others by visiting them, too. Today will be a visiting day. He's excited, because he knows he will meet new people and old friends today.

His human, Sister Catherine Connell, SSS, has already been up for an hour of prayer. She says it is "really essential, so I can be present to those I am serving and see God's presence in them. As well as helping them see God's presence then in me in the work I am doing to help them come to healing."

Sister Catherine's day begins early, at 4:40 a.m. After her hour of prayer, she and Billie have their breakfast and a morning walk in Land Park.

Each day is dedicated to the service of others, and has been ever since Sister Catherine, a licensed clinical social

worker, became a member of the religious order known as the Sisters of Social Service. It is a calling she heard when she was a teenager in the late 1950s.

The Call to serve

"I entered at the age of 19," Sister Catherine said. "I'd never heard of the Sisters of Social Service until I wrote to a 'Q&A' column in the *Davenport Catholic Messenger* when I was 18. I didn't include my name because I was really trying to keep this call quiet. Monsignor Conway wrote a response in the newspaper, suggesting this order. So, I wrote to Sister Frederica Horvath, our foundress in the U.S. She wrote back with the expectations of the order, which included a health exam. I still remember the doctor's report: 'Perfectly normal, healthy female.'"

The middle child of five children, she grew up in a Catholic family. Still, "a lot of communication went back and forth" between the sisters at the Sisters of Social Service and the teenager before she approached her parents for their blessing. It also meant having to tell someone else about the call she was

hearing to dedicate her life to others.

"I had a steady boyfriend at the time," Sister Catherine said. "He wanted to marry me, but I felt I needed to check this (calling) out first. It was a strong feeling that I needed to go and pursue this to see: is this is what God really wants for me?"

The two parted as friends. He later married another girl and had a happy marriage.

When she left her home in Muscatine, Iowa for the "Mother House" in Los Angeles, "it was quite a send-off with my grandparents, parents and three priests," she said. "It wasn't until I was on my way to the airport that I burst into tears because I realized I was leaving."

When she entered the "novitiate" stage on Feb. 1, 1959, Sister Catherine began a journey that would include religious studies, a college education and hands-on field work, known then as "family visits" in parishes.

"It was a wonderful preparation," she said. "The prayer, the classes, the different assignments. You learned the focus of living a spiritual life."

The Sisters of Social Service value education. Sister



Pocket News photo, Susan Laird

Sister Catherine Connell, SSS has dedicated her life to helping others find healing. She and her dog, Billie, continue to make a difference in the Sacramento community.

See Sister Catherine, page 9

Senior Services *and* Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL

Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450
Lynda K. Knight (916) 214-1215
641 Fulton Ave. #100, Sacto 95825

ELDERLY SERVICES



COMFORT ZONE
ELDERLY
IN HOME SERVICES, INC.

Long Term Insurance Accepted

Hospice and More
Hourly and 24 Hr. Live-In
Free Home Assessment
Liability Insured, Bonded
(916) 453-1344
4420 Del Rio Rd, Sacto, CA 95822

FIVE STAR SKILLED NURSING

Five Star Skilled Nursing Service

Applewood Care Center

1090 Rio Lane
Sacramento 95822
916.446.2506



★ ★ ★ ★ ★
Call for a tour and info.
We're here to help!

HELP AT HOME

HELP AT HOME

Senior Care

Caring, In-Home Assistance & Companionship

- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment,
call 877- 404-6636

REAL ESTATE SERVICES

John Woodall *Moving On?*

FREE Real Estate Help & Advice
tailored to seniors & their families

Contact John Woodall, GRI
Seniors Real Estate Specialist
(916) 421-5421

✓ out my blog at:
aSeniorsBlog.com

LOVING COMPANIONS



Certified care
(916) 753-1491

"Assisted living" in
the privacy & comfort
of your home.
Affordable rates,
1-24 hours/day
NO MINIMUM.

SPECIAL ALZHEIMER'S LIVING



Day Club, Respite,
Residential, Support Groups
& Educational Classes
cas@primrosealz.com
www.primrosealz.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

TRANSITION/RELOCATION



Compassionate Relocations
A Senior Transition Company

Specializing In:

- Senior Relocations and Move Management
- Downsizing
- Estate Services
- Real Estate Referrals

(916) 966-8745
www.GoCRInc.com



Photo courtesy

Sister Catherine Connell, SSS and Dr. Robert Ruxin, head psychiatrist at South Sacramento Kaiser's Department of Psychiatry, collaborate on a patient's history.



Photo courtesy

Sister Catherine Connell's first assignment was to Holy Name Parish in Los Angeles. She was working with families there during the Watts Riot of 1964.

Sister Catherine: Lifetime of service giving dignity with love and compassion to others

Continued from page 8

Catherine graduated from Mount St. Mary's College with a degree in sociology, and from the Catholic University of America in Washington, D.C. with a master's degree in social work. She took her final religious vows of poverty, chastity and obedience in 1967.

Her field work took her around the nation, from working at Holy Name Parish near the Watts area of Los Angeles ("During the Watts Riot, I went to work anyway,") to working at Walter Reed Army Hospital during the Vietnam War ("I worked in a ward of 80 men. Every last one of them was missing legs, arms, eyes...There were major disabilities,") and finally, to Sacramento, where she became known for her work in opposing the state's death penalty and for her support for making state prisons true places of rehabilitation. Last year, she was honored by Death Penalty Focus' Friends Committee on Legislation.

Wellspring Women's Center

In the 1987, Sister Catherine and Sister Claire Graham founded the Wellspring Women's Center in Sacramento. Wellspring Women's Center is a drop-in center for women and their children established to foster the innate goodness and personal self-esteem of all who enter its doors. "Hospitality with dignity and love" is the

foundation on which Wellspring is built.

Guests at Wellspring are diverse in age, personal background, and ethnicity. Many guests are young mothers seeking adult companionship or a break from child rearing. Wellspring provides a sense of "family" to older single women without a support system. Administered today by the Institute of the Blessed Virgin Mary, the center will celebrate 25 years of service to the community this year.

Cancer survivor

A new phase of Sister Catherine's life would come in 1998 that would change her life forever, when a visit to the doctor came back with a diagnosis of ovarian cancer.

"I began a year of chemo in 1999," she said. "Dr. Ernie Bodai was my doctor. He is wonderful."

She beat the cancer, but four years later she learned that she was in the early stages of breast cancer. Because of early detection, she beat this cancer, also.

"My nephew, Timothy Kurringer, was having his family tested to see if they had the

gene for breast cancer," she said. "He asked me if I would be interested in being tested. I took the test, and they found that I not only had the gene, but I also had the cancer in its earliest stages. It was a miracle – breast cancer is usually not found so early."

Because of the ovarian cancer and the side effects of chemotherapy, Sister Catherine decided to step down from her position as director at Wellspring.

"That's when I decided to try something where I wasn't managing a whole agency, but could still serve," she said.

Clinical therapist

Sister Catherine applied for and accepted a position as a therapist at Kaiser. Each week, Sister Catherine directs two groups: a codependency group that covers "every variety of codependency: relationships, etc." and a bipolar support group.

Because she is still vowed to poverty, her paychecks go to the Sisters of Social Service, who in turn support her with housing, food and any other needs.

Take care of business...
Take care of yourself.

Life. Simplified.

Lake Crest Village Shopping Center
Florin Road & Greenhaven Drive

She works at Kaiser three days a week.

"Those are my very busy days," she said. "On my less busy days, Billie and I go out on our visits."

Sister Catherine and the little dog (rescued from the Sacramento City Animal Shelter) visit a wide variety of people. Together, the two stay "very much in touch" with the religious community and the community at large, meeting countless needs for a kind word, dignity and support. They have many friends. Included in their rounds is Mercy

McMahon Terrace, a residence for seniors.

"The seniors there love Billie, and he loves them. Billie also loves to visit with Bishop Quinn," she said with a smile. "He is one of Billie's favorite people."

Each day is full, and through it all Sister Catherine has found that the motto she adopted when she took her final vows – "That In All Things God May Be Glorified" – is appropriate to every day.

"It certainly has been true for me," she said.

susan@valcomnews.com

Pet Haven

"Service & Selection Are Our Specialties"

Low Cost vaccine clinic Every Sat. 10-11:30am

15% Off General Merchandise PN

Excludes dog and cat food. Must present coupon at time of purchase. Not valid with other offers. Expires 02/28/11

Iams, Eukanuba, Nutro, Natural Choice, Science Diet

\$200 OFF 15 lb BAG OR LARGER PN
\$300 OFF 30 lb BAG OR LARGER PN

Must present coupon at time of purchase. Not valid with other offers. Limit 1. Exp. 02/28/11

421-PETS (7387) • 352 FLORIN ROAD
(Corner of Florin and Riverside)

M-F 9am-7pm • Sat. 10am-6pm • Sun. 11am-5pm

'Tower of Power' celebrates 40 years with new album release

By CELIA GREEN
Pocket News writer

It's rare for a car to last forty years. Some marriages don't make it that long.

So it's unusual to hear about a band that is celebrating forty years in the music business.

But that is just what a local Sacramento area band, Tower of Power, has done. To mark the occasion, they threw a party and planned to release a CD and DVD.

"Someone came up with the idea 'Let's get everybody together who's ever been in the band, and so we did,'" said longtime band member, Roger Smith. "We had the ten of us onstage (current band members) plus

'Our sound is unique. There's not another like it. We didn't try to sound like Chicago or Earth Wind and Fire.'

-Roger Smith, bandmember, Tower of Power

another 23 alumni for an amazing concert."

The set list was over two hours long, and the band played favorite hits for young and old alike.

"We played everything," Smith said. "It was exhausting, but so much fun. The Fillmore was packed with friends and family and fans, some from as far as Denmark."

That concert was held at The Fillmore in San Francisco in October 2008, but because of editing

challenges and a failed business agreement, the CD and DVD will be released this spring.

The DVD will include footage from the concert, a history of Tower of Power and shows the founding members, Emillio Castillo and Doc Kupka visiting some of the band's old haunts.

This will be the 25th album the band has produced, although the band's famous horn section has been featured on a myriad of albums from other artists, from Elton John to Santana to Josh Groban.

Tower of Power still tours worldwide some 150 to 180 days a year, and is still producing new music. The band's most recent album was released in 2009.

"Our sound is unique," Smith said. "There's not another band like it. We didn't try to sound like Chicago or Earth Wind and Fire."

The band's sound has been called a fusion of funk, jazz and R&B.

"Every one of these guys is an excellent musician," he added.

In addition to his full-time job with Tower of Power, Smith has another career. He writes and records as a soloist. He has produced six albums, and writes and records as his alter ego "Jazz Roscoe," with two albums under that name.

"I play only three to five gigs a year of my own music, because Tower of Power keeps me so busy," he said.



Photo courtesy

Longtime band member of Tower of Power, Roger Smith helped the band celebrate 40 years and is part of the popular group's upcoming album release.

Not enough? Smith also writes music for the occasional movie, produces all genres of music and is fostering an up-and-coming artist named Robbie Christmas.

Smith was born in Texas, moved to Sacramento as a child and graduated from Luther Burbank High School. After a stint in the army, he lived in Austin, Texas, where his musical career began.

"Austin was my musical beginning," he said. "A lot of mu-

sicians came through there. I was like a kid in a candy store. Every day was a musical adventure."

Smith came back to Sacramento seven years ago when he and his wife of 30 years bought a home in Land Park.

"I love it. It's like we've been here forever," he said. "We have great neighbors. And I live walking distance from Vic's Ice Cream - that's dangerous."

Freeport

Bar & Grill

FREEPORT
BAR &
GRILL

Super Bowl XLV Party

February 6th, 2011

Call for reservations: 916-665-1169
8259 Freeport Blvd., Sacramento, CA 95832

www.freeportbarandgrill.com

Open for breakfast Saturday and Sunday
Happy Hour Mon - Fri 4 - 7pm • Fri Nights Karaoke 9pm - 1:30am
Mon through Thur 11am - 10pm • Friday 11am - 1:30am
Saturday and Sunday 10am - 10pm

Community Worship

Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449
Sunday Worship Service: 10:15 am
Bible Class & Sunday School: 9:00 am
Angels Nest Pre School 2 yrs. - 5 yrs.

Faith Presbyterian Church

625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

PARKSIDE COMMUNITY CHURCH

"Open & Affirming Congregation"
Sunday Worship Service: 10:30 am
Bible Class: 9:00am
5700 South Land Park Drive & 35th Avenue 421-0492

Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845
Sunday School: 9:15am • Sunday Worship: 10:30am • Wed. Evenings 6:30pm (Youth)
AWANA (Children's Ministry) • Youth - Jr. High - Sr. High

Greenhaven Neighborhood Church

630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

YOUR 2011 BUSINESS PLAN

- Increase business by 3-5%
- Add California Kids publication to my market plan
- A \$40 ad (minimum) per month - reach over 80,000 readers

VALLEY COMMUNITY NEWSPAPERS

For more information,
916.429.9901 • www.valcomnews.com

DUNNIGAN[®]

Realtors



GLENBROOK/COLLEGE GREENS

Spacious & open floor plan. Upgrades include kitchen w/solid oak cabinets & large pantry. Updated appliances include Jenn-Air cooktop, microwave, dishwasher & oven. Remodelled bath. Dual pane windows, Trane HVAC & roof new in 2003. New hardwood in entry & hallway. Parklike backyard w/large patio w/Sunsetter awning & pool. See www.2801MarmorCt.com \$249,900

LINDA WOOD 802-8042



DOWNSTAIRS MASTER SUITE

This home is like brand new! 4 bdrm+ a bonus room /5th bdrm. Master Suite is downstairs. Enormous Kitchen overlooking a wonderful FR. w/ built-in entertainment center. Many upgrades including kitchen & bathroom cabinets & French doors. Lots of storage space throughout. Formal DR. Huge 3 car tandem garage. 6928 Rio Tejo Way \$299,000

MONA GERGEN 247-9555



VACATION AT HOME

Resort style home. The open remodeled kitchen overlooks the family room & professionally landscaped backyard. Enjoy your favorite morning drink sitting on the large deck overlooking the dipping pool. The guest bedroom has French doors that open to a private deck & the hall bath has been remodeled. See www.1429PotreroWay.com \$419,000

DAVID KIRRENE 531-7495



BACKS TO SACRAMENTO RIVER

Quality Harris built home in quiet, highly desired location. 4 bed single story w/remote bedroom. Dual pane windows, large peaceful private yard. Sale includes two parcels (.47 acres for both parcels). Some neighbors built boat docks within the last few yrs on the levy parcel. Buyer to consult w/city re-permit process & availability. Rare opportunity to own on the river. See www.715ClipperWay.com \$299,000

MONA GERGEN 247-9555



MARINA COVE

Tucked away on a cul de sac in private, gated Marina Cove. 4/5 Bed, 3Baths. 1 Br & full Ba on main level. Spacious master suite w/jetted tub, double sinks, vanity & XL walk-in closet! Kitchen has granite counter, large work island w/2nd sink, walk-in pantry, breakfast nook, w/blt in desk. FR flows from kit w/French doors to inviting backyd w/built-in! See www.7608MarinaCove.com \$625,000

CONNIE LANDSBERG 716-0411



GREAT FLOOR PLAN

Pride of ownership just shines in this spacious home in Grangers Dairy. Plenty of windows make this home light and bright. Upgrades include recently replaced oven, microwave & range. The family room features a pretty brick fireplace w/gas lighter. Great floor plan w/remote bedroom & full bath. For those in need of storage, this is the home for you! See www.6385HarmonDrive.com \$369,000

PAULA SWAYNE 425-9715

WEST SACRAMENTO

Don't miss this rare opportunity in the desirable Westmore Oaks area! This 3/4Bdrm 2Bath home boasts quality construction and wonderful architectural features including original leaded glass windows and hardwood floors throughout. It is light and bright with oversized windows overlooking the large backyard. See www.1608deerwoodst.eproperty.com \$239,000

PAMELA VANDERFORD 799-7234

ELK GROVE

Great Elk Grove home! 4 Bedrooms 3 and one half baths. You will love the open layout, separate living and family rooms, spacious bedrooms, updated kitchen, and built-in swimming pool! Don't wait. 8234 Caribou Peak Way \$155,000

ERIN ATTARI 342-1372

SOUTH LAND PARK HILLS

Don't miss this well-maintained 3 bdr **PENDING** gle level Ranch-style home located in South Land Park Hills. Features a family room w/Honul fuel-efficient gas fireplace w/marble tiled hearth & mantel, Formal living & dining room. Newer roof, Milgard dual pane windows (2005) & CH&A make this property ready to move in. See www.7340SLPdr.com \$269,500

LIBBY NEIL 539-5881

SUNNY HOLLYWOOD PARK

Designed & built by House Crashers **PENDING** 2010! Contemporary flair w/vivid colors combined w/charm of hrdwd flrs, blt-in shelves, cabinets & dining bench. Lovingly cared for & updated w/new sewer line, new cement work & planters in bkyrd. See www.25thAveHome.com \$230,000

NANCY WEGGE 600-5458
LISA MARTIS 612-7548

DUNNIGAN[®]
Realtors

4215 Freeport Blvd.
454-5753

Visit Our Web Site: www.dunniganrealtors.com



Superior SELF STORAGE

**ONE MONTH FREE
Rental with this ad**

Mon-Sat 9am-6pm, Sun 12pm-5pm
www.superiorselfstorage.net

- Convenient Office Hours
- Climate Control Units
- Individually Alarmed Units
- RV and Boat Storage
- FREE Truck Rental for Move in Customers.

Pocket • 1106 Corporate Way • 916.424.8028



Happy Lunar New Year

JOHN WONG • 531-7150

NOW WITH
CRAIG DUNNIGAN'S
GREENHAVEN TEAM

6355 Riverside Boulevard
wong9664@aol.com



Upcoming Events at ACC Greenhaven Terrace

Senior Legal Hotline
April 5, 2011 at 11:00 am

You or someone you know may be eligible to receive extra assistance with food purchases.



Learn more about the CalFresh supplemental nutrition assistance program and see if you qualify.

Senior Health & Safety Fair
Tuesday, May 17, 2011 1:00 pm - 4:00 pm

Meet and talk with local providers about services and programs designed for the older adult

- Blood pressure checks
- Glucose screenings
- Dental check ups
- Hearing tests
- Vision exams
- Massages

1180 Corporate Way, Sacramento, CA 95831
For more information, please contact
Caitlin Nguyen, (916) 395-0210 ext. 421

Got News?

e-mail susan@valcomnews.com

Budget Blinds

FREE IN-HOME CONSULTATION



25% OFF

Select Signature Series®
Window Treatments by Budget Blinds®

Excludes shutters. Offer not valid with any other offers. Offer good at time of initial estimate only. Offer good at participating franchises only. Each franchise independently owned and operated. Budget Blinds is a registered trademark of Budget Blinds, Inc. and Home Franchise Concepts Brand. Offer valid through 3/7/11.

Get An Instant Energy Rebate!

Take An Additional 15% OFF

Select Signature Series®
Honeycomb Shades

Certain conditions apply. Offer good at time of initial estimate only.
Offer valid through 3/7/11.

Call today to schedule your FREE In-Home Consultation and get your complimentary Design Guide.

916-691-2322

 license #897700

Find us online at www.budgetblinds.com

Shutters
Window Blinds
Draperies
Solar Shades

Soft Shades
Vertical Blinds
Valances
Panel Track

Woven Woods
Roller Shades
Honeycomb Shades
and more!

Third annual 'Young @ Art' show open to all Sacramento area middle school students

By SUSAN LAIRD
Pocket News editor
susan@valcomnews.com

The Third annual 'Young @ Art' show for middle school students in the Sacramento region is calling for entries on Feb. 10 and 11.

The highly attended art show is sponsored by St. Francis Catholic High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. The competition is open to students from public, private and home schools.

The show is an opportunity for students to experience the procedures for entering an art show, as well as to have their talents acknowledged in a regional forum. It is an opportunity for inspiration and validation.

Pictures must be matted, but canvas and sculptures do not need matting. A 2"x3" label should be permanently affixed to the front lower right hand corner of the work. Information on the label should include: 1. Student first and last name; 2. Student grade; 3. School name; and 4. Art teacher name.

The limit for submissions is up to 20 pieces per school and one work per student.

All mediums and sizes of art are accepted. In the art world, one is limited only by human imagination.

"This year I know we have quilts coming in from a youth quilt class," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "The show is open to all 6th through 8th graders from the Sacramento area. Schools from Davis, Auburn, Woodland, Granite Bay and El Dorado Hills have participated in the past."

A few details: students and schools should deliver art works to the St. Francis High School Art Theatre Complex Foyer on Thursday, Feb. 10 or Friday, Feb. 11 between 3:30 p.m. and 5 p.m. Artwork will not be accepted after Feb. 11. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

The show will be held at the St. Francis High School Arts Complex on Wednesday, Feb. 23 from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at

6:30 p.m. All artists, teachers, parents and families are invited to the opening.

There are some pretty good prizes for students who enter "Young@ Art," too. The grand prize is a full scholarship to a St. Francis Summer Arts Workshop – worth \$350. Other prizes include \$100 gift certificates to University Art and Utrecht art supply stores, a sketchbook and charcoal, a St. Francis Arts t-shirt, thank you gifts for teachers and more.

The arts are viewed as an important part of the curriculum at St. Francis High School, according to Danielson.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

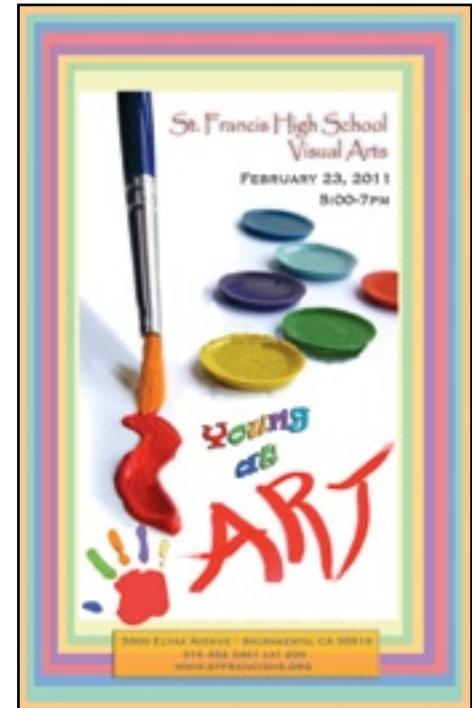


Image courtesy

For more information, visit the St. Francis High School website at www.stfrancishs.org. Scroll to the bottom of the page for photos from last year's competition. Questions can be directed to Danielson at edanielson@stfrancishs.org or (916) 452-3461 ext. 200.

Heavy Periods?

Severe Cramps?

Enlarged Abdomen?

Frequent Urination?

Constipation/Bloating?

These symptoms are often related to Uterine Fibroids.

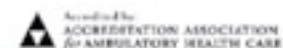


RAS now offers outpatient **Uterine Fibroid Embolization (UFE)**, a safe, minimally invasive treatment for uterine fibroids. Clinically proven to be equivalent to surgery for the relief of fibroid symptoms, UFE could help you get back to your active lifestyle in as little as two weeks.

To find out if UFE is right for you, talk to your doctor, visit www.radiological.com/ufe or schedule a consultation with one of our physicians by calling **(916) 732-7777**.

BENEFITS

- No surgery
- Outpatient procedure
- Quick recovery
- Covered by most insurance plans



She did it. You can, too!



FREE
Weight Loss
Consultation

Enroll in **Sutter Express Care's** Lean for Life program and lose 10% of your body weight – or more – and keep it off for life.

The 10-week medically based program is offered exclusively at Sutter Express Care inside Rite Aid.

Greenhaven: 980 Florin Road
Natomas: 2751 Del Paso Road

"I'm Jasmine. I lost 27 pounds in 10 weeks, 95 pounds total! I'm lean for life."

Convenient, Open 7 days a week

Hours:
Mon-Fri: 9 a.m. - 8 p.m.
Sat-Sun: 10 a.m. - 4 p.m.

800-972-5547 | SutterExpressCare.com



Sutter Express Care
A Service of Sutter Medical Foundation



Quality Service. Affordable Prices.

Personal Service
Experienced Preparers
Reasonable Cost



Dennis Graff
Senior Partner



Diana Muller
Enrolled Agent

NEW
LOCATION

JUST TAXES

7311 Greenhaven Drive, Suite 274
Sacramento, CA 95831
393-3430
www.just-taxes.com



- Advertisement design
- Political campaigns
- Postcard mailers
- Commercial flyers
- Brochures
- Identity systems
- Logo development
- Posters
- Any print design

Contact Ryan Vuong at **916.429.9901** or e-mail RedAllOver@valcomnews.com for more information. Invoicing available and we accept all major credit cards. Red All Over Design is located at **2709 Riverside Blvd.** Learn more about us and our family-owned company at www.valcomnews.com.

red all over
DESIGN

THE MOST COMMON TYPES OF CRIMES AGAINST SENIORS

February 15 @ 2:00pm

Presented by Lynne Richard-Brown, Co-Founder of Crime Prevention Consultants (C.P.C.)

Crime Prevention Consultants provides the community with the necessary information needed to stay safe. They deliver this information through their "Stay Safe Seminars", community events, home security assessments and personal safety consultations. This seminar will teach seniors how to protect themselves from the most common types of crimes and give information on what to do if victimized. Lynne will be focusing on the four most common types of senior crimes: Financial Crimes, Property Crimes, Elder Abuse, and Violent Crimes.

Refreshments & Appetizers will be provided.

Please RSVP by February 10, 2011 or contact us for more info @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342



“Sign” Language

For over 34 years



www.cookrealty.net



7740 SOUTH OAK • \$439,000
SUSIE K. PARKER • 768-8494



6491 LONGRIDGE WAY • \$339,000
TREY BONETTI • 451-6702

See all our listings at www.cookrealty.net



2 GENOA COURT
Cozy 2 bedrooms fireplace in living room leading to light and bright kitchen with tile counters. Exit through slider to nice concrete patio with gorgeous roses. \$233,000
ANGELA ADAMS • 761-9505



957 LAKEFRONT DRIVE
One story w/almost 2600sf, 4 bedrooms, 3 car garage. Beautiful hardwood floors, elegant wall treatments, new Anderson windows in most rooms. Spacious family room with walk-in wetbar. \$679,00
SUSIE K. PARKER • 421-3546



6060 GLORIA DRIVE
Great starter or investment condo in desirable South Lank Park location. Remodeled and updated in 2008. This end unit looks out to greenbelt and close to park and public transportation. \$84,000
MARILYN SUBER • 456-3969



6955 SOUTH LAND PARK DRIVE
Wonderful updated S. Land Park duplex. Granite counters, hardwood floors, new appliances in both units. 3br 2ba w/family room. Perfect for owner occupant as well with great cash flow from small side. \$389,000
SUSIE K. PARKER • 421-3546

JUST LISTED:

713 CECILYN WAY
2 Bedroom 2 bath home nestled in the Pocket area close to shopping, freeway and schools. Exterior in good shape with newer roof. Inside very roomy over 1200 sq feet, vaulted ceilings, brick fireplace, decent size backyard. \$174,000
MEENA CHAN LEE • 837-9104



“...FOR FINE OLDER HOMES AND
QUALITY NEWER HOMES”

REAL ESTATE SCHOOL

- ★ LOW INTRODUCTORY COST
 - ★ START ANYTIME
 - ★ LIVE CLASSES
- Call: Bob Shipley • 451-6702**

PROPERTY MANAGEMENT

- ★ MONTHLY CASH FLOW
 - ★ TENANT SCREENING
 - ★ MAINTENANCE
- Call: Brittany Naucke • 457-4907**

4305 Freepoint Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702



Nelson Dental

"We're in your Pocket Neighborhood"



Committed to providing you the best care in a pleasant environment. We use the latest technology to provide advanced services like: single visit crowns and Velscope oral cancer screenings.

7400 Greenhaven Drive - 916.427.1101

(Off I-5 between Florin and Pocket Road)

www.NelsonDental.com



ALLIED DOORS

"Straight & True"

ALLIED DOORS WOULD LIKE TO THANK OUR CUSTOMERS AND THE COMMUNITY. FOR MORE THAN 40 YEARS, THE SACRAMENTO REGION HAS GRACIOUSLY PATRONIZED US AT OUR LAND PARK LOCATION. AS WE TAKE OUR BUSINESS INTO THE NEW YEAR, WE KNOW WE CAN COUNT ON YOUR CONTINUED SUPPORT.

THANK YOU, SACRAMENTO.

6550 BELLEAU WOOD LANE • SACRAMENTO, CA 95822
916-421-3080 • WWW.NCSALLIEDDOORS.COM

Just an old wives' 'tail'?

Melinda Sarte, DVM
By MELINDA SARTE, DVM
Pocket News guest columnist

Working in the veterinary field, I often repeatedly hear some myths that seem to be steeped into our culture.

Some of these myths may have originally had a grain of truth to them, but are now outdated. Some are leftover "wisdom" from a time before we had newer and safer ways of treating what ails our canine and feline family members.

Here is a collection of some of the more commonly overheard misconceptions.

Myth: "My dog/cat must be sick because his nose is dry." Or the alternate version, "He must be okay because his nose is moist."

Truth: Sick pets can have moist noses and well pets can have dry noses. If you notice a sudden change in the moisture level of your pet's nose and there is accompanying change in their energy level or behavior, then it could be a sign of a problem.

Myth: "My pet drinks well and urinates a lot so I know her kidneys must be working well."

Truth: Larger than normal production of urine is actually the first sign of kidney failure as well as a potential sign of other diseases such as diabetes, Cushing's disease, urinary tract infections and hyperthyroidism. When the kidneys first begin to fail, they lose the ability to form concentrated urine, hence the animal drinks and urinates more.

Myth: "If your cat is constipated, feed him a little mineral oil."

Truth: While this may be an effective laxative, it has the potential to be very dangerous for your cat. Often the cat will inhale a little of the oil in the process of swallowing, and this can cause life-threatening pneumonia. If you need a mild and safe laxative for your cat, try a small spoonful of canned pumpkin (not the pie filling) with each meal. If constipation is more than just an occasional complaint or if your cat is not producing urine when straining in the litter box – consult a veterinarian, as it may be a more serious problem.

Myth: "A little bacon grease mixed in with my dog's food will shine up her coat nicely."

Truth: This one is a really dangerous misconception. A meal containing high levels of fat, grease, oil or spices will often trigger gastrointestinal upset severe enough to require a trip to the vet. It can even trigger a life-threatening and painful disease called pancreatitis. Dogs and cats should never be fed rich or spicy foods such as gravy, chicken skin, barbecue sauce, hamburgers or pork chops.

Myth: "Mineral oil in the ears is a good home remedy for ear mites."

Truth: Ear mites are rare, and mineral oil will not cause them to drown. If your pet develops itchy ears with debris present, it could be caused by bacteria, yeast, or mites – and each one has a different treatment. Your veterinarian will need to look at a swab of the debris under the microscope to determine what is the cause, and will then direct you toward the appropriate treatment.

If your vet does diagnose mites – and you are not squeamish, ask them to show you them under the microscope. They are a little creepy and really interesting.

Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.



Buying or Selling, Call Ron First!

Serving Greenhaven
Pocket homeowners for
over 20 years.

Ron Roberts

Broker - Associate

916.806.0118

ronroberts.metrolistpro.com

ron@DunniganRealtors.com

DRE# 01037639

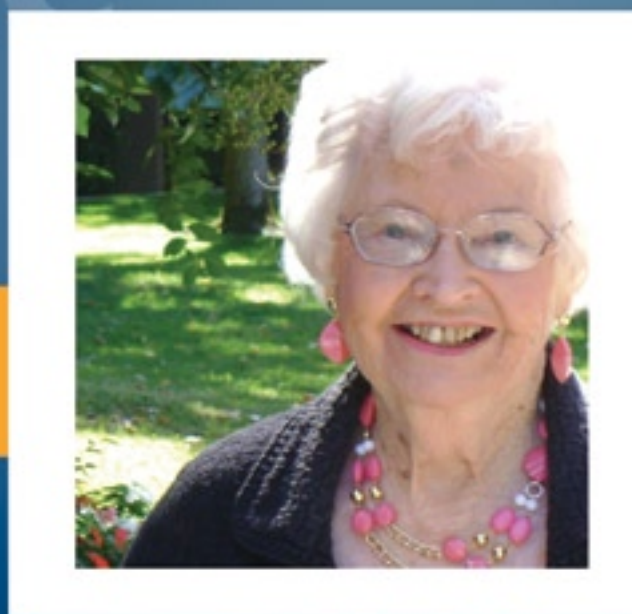
DUNNIGAN
Realtors

welcome home

transforming the
aging experience...

ESKATON

Senior Residences and Services



Call today for a tour
We'll treat you to lunch!

Independent Living with Services

3225 Freeport Boulevard
Sacramento, CA 95818
916-441-1015

www.eskaton.org

Eskaton Monroe Lodge

A Land Park Tradition

Town Hall: Parents uneasy about school future

Continued from page 4

groups decision-making process, one of the best schools in the city could wind up closed."

SCUSD funding a key concern

Woo said the future of all schools is dependent on whether a vote of the people is allowed this June.

"The budget right now has \$20 million less than what was originally budgeted," Woo said.

No plan to close – for now

Raymond said Didion would not close this year and that there are no plans in place at this time to close grades seven and eight – another rumor up-setting to parents.

Dan O'Donnell, parent of a child in grade five attending Didion, said he was uncertain about the future of Didion.

"I appreciate they came here to discuss the issues," O'Donnell said. "Hopefully they will see how committed we are and how much we care about this school and keep it open."

Raymond said the overcrowding at Didion is the first item on his agenda that he will address. At present, there are three full third grade classes that at the end of the year will have to merge into two fourth grade classes. Raymond asked for parental input for solutions to resolve this issue.

Raymond said needed money for the schools depends on the tax extension for schools that relies on voters passing a June ballot measure and he too voiced concern about the lack of money in the current budget.

Keeping Didion School open is very important to Councilmember Wong, as his children attended this school and he knows the parents are very engaged.

Wong said there are two kinds of junior high schools for children to choose from at SCUSD. One example is Sutter Middle School, which has a true seventh and eighth grade junior high school. The other example is Didion, which offers children from kindergarten to grade eight both continuity and security.

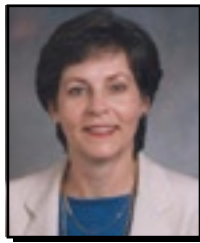
A school like Sutter, according to Wong, can have more organized sports and a larger variety of classes to offer students.

Better communication promised

Fong assured parents there would be better communica-

tion on what is happening in the school district. Raymond encouraged all parents to sign up for the school's weekly newsletter.

Raymond said the 7-11 Committee would review all K-8 programs. He said that parents will be informed before any decisions are made.



Ilah Turner
GRI

Call 206-4016
DRE# 01278805

Buy or Sell, Your Home is My Business



Lovingly Maintained

Live comfortably in an established neighborhood. This lovingly maintained 3 bedroom, 2 bath home is ready to you to move in and enjoy. It has long lasting roof, hard flooring in the family room and lush landscaping. Call for a personal tour.

7011 Flintwood Way \$275,000

Real Estate Questions?

Visit my website. www.ilahturner.com



Are you throwing money out the window?

Your home may be wasting hundreds of dollars a year on energy costs. With the new SMUD Home Performance Program, a SMUD qualified energy professional will perform a comprehensive assessment using state-of-the-art technology to evaluate your entire home's energy systems from insulation to central heating and air. You will receive a report and recommendations for energy and money saving upgrades to improve your home's overall performance and comfort. Rebates, tax incentives and financing options are available. Visit SMUD.org/homeperformance to sign up for our \$99 energy assessment offer.

- 1 CALL OR CLICK**
For more details, call 1-888-742-7683 press *18 or visit SMUD.org/homeperformance
- 2 CONNECT**
Get an energy assessment
- 3 COMPLETE**
Choose your upgrade options and begin saving today



In partnership with:
energy
upgrade™
CALIFORNIA

© 2011 Sacramento Municipal Utility District 0062-11

St. Robert School TK-8

"Where Faith and Knowledge Meet"

ENROLLING NOW!

For further information, call 916-452-2111

For over 50 years ST. ROBERT SCHOOL, located near Land Park, has provided a well-rounded education which focuses on academic excellence and spiritual and character development. In addition, ST. ROBERT affords students opportunities to participate in competitive and recreational athletics as well as affording other opportunities for involvement in community service activities.

Fully Accredited "Western Association of Schools and Colleges Western Catholic Education Association"

- Science and Technology Curriculum
- Accelerated Reader
- Jr. High Academy
- Classroom Aides
- Before and After School Care

2251 Irvin Way • Sacramento, CA 95822 • www.St-Robert.org



Choosing a school is an important decision.
Call today for a private tour of our campus!

Just Listed in Riverlake

PENDING



723 Lake Front Drive
\$729,500

Riverlake 4 bedroom, office/den, theater room, pool & 4 car garage.

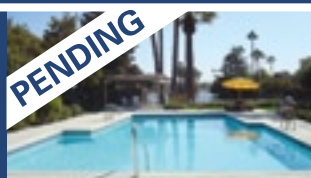
PENDING



724 Clipper Way
\$279,500
3 bedroom, move-in ready, updated throughout! Must See!

6241 Riverside Blvd #205
\$49,500
Affordable living on desirable Lake Greenhaven. New interior paint, dual pane windows, stove, oven and trex decking.

PENDING

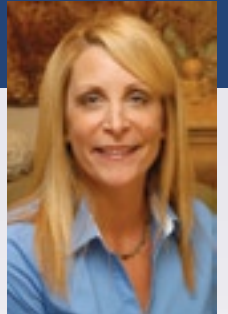


New Listing Coming Soon... Call for Details

What's Your Real Estate Story?
Everyone Has One!
*Move-Up Buyers,
Downsizing,
Investment Properties.*

Put my 20 years of experience to work for you.

Call Renee for a **FREE Market Analysis** of your home.



Renee Catricala, Realtor®
Direct: (916) 203-9690
www.ReneeCatricala.com
730 Alhambra Blvd., Suite 150
Sacramento, CA 95816
Lic# 01077144



YOU ARE CORDIALLY INVITED TO OUR

Tour of Homes!

Saturday, February 26 • 1-3 pm

Our residents have graciously offered to open their homes for you! Come and see for yourself; imagine yourself at home in our spacious one and two bedroom apartments.

Enjoy wine, food, and live music, as you visit our apartment homes.

RSVP by February 26th.



MERRILL GARDENS
AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831
www.merrillgardens.com

License #347001396

RETIREMENT & ASSISTED LIVING



Photo courtesy

January's High School Students of the Month. Front row, left to right, Tooka Zokaie (St. Francis), Ivan Ruiz (Valley), Nolan Wong (C.K. McClatchy) and Milena Tonis (West Campus). Back row, left to right, Melissa Thao (J.F. Kennedy), Maleny Caldera (Luther Burbank) and Michelle A. Nguyen (Hiram Johnson).



Photo courtesy

January's Middle School Students of the Month. Front row, left to right, Walter Spurlock (California), Kevin Abdelnour (Genevieve Didion K-8), James Kvarme (Sutter) and Cristal Torres (Will C. Wood). Back row, left to right, Jonathan Aritonang (Sam Brannan), Cindy Huang (Martin Luther King, Jr. K-8) and Mai Tong Vang (John Still).

Elks honor 'January Students of the Month'



SACRAMENTO – Elks Lodge No. 6 honored students from area public and private schools during the month of January. According to Elk Jim Callaghan, “the schools themselves decide the criteria for choosing and the students chosen. It is the Elks’ way of encouraging students and making them and the school personnel who also attend, aware of the scholarship opportunities that the Elks award at the end of each school year.”

ria for choosing and the students chosen. It is the Elks’ way of encouraging students and making them and the school personnel who also attend, aware of the scholarship opportunities that the Elks award at the end of each school year.”

Got News?

e-mail susan@valcomnews.com

ENJOY
Lance Armstrong's weekly history series?

E L K G R O V E

Purchase his 374-page book about the history of Elk Grove, 1850 to present, for only **\$25**. This award-winning book includes more than 1,200 historic and modern photographs. To purchase the book, visit www.echoesofyesterday.com or send a check or money order to: **Echoes of Yesterday PO Box 189113, Sacramento, CA 95818**

Name: _____
Address: _____
Phone: _____

Get Ready for Weather Changes Ahead!

YEE'S auto tech
Your Auto Pro

3073 Freeport Blvd.
Across from McClatchy High School
(916) 442-8340
www.yeesautotech.net
Mon-Fri, 8am - 5pm

Our Services

- Tune Up
- Factory Scheduled Services
- American and Japanese
- Hybrids

Oil Change Special

- Oil change (with new filter & up to 5 qts. oil)*
- 41-point auto care inspection
- New car warranty approved

SAVE \$45! **\$29.09** most cars
*Castrol

Tax and Environmental fee additional - Most cars
With This Ad. Not valid with other offers. Expires 02/28/11

Diane and Wes

Final resting place of city's founder located in Land Park area cemetery

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Since the early years of Sacramento, one of the city's premier landmarks has been the city cemetery at the modern day address of 1000 Broadway. And considering that it was the Swiss-born John Augustus Sutter, Jr. who founded the city and donated the initial 10 acres of this Land Park area cemetery to the city for burial purposes on about Dec. 1, 1849, it seems fitting that his final resting place sits just inside the main gates of this cemetery, which is the city's oldest existing cemetery.

Nine years following the landing of his father, John Augustus Sutter, Sr., on the south bank of the American River – an historic moment that led to the construction of Sutter's Fort – John Sutter, Jr. reunited with his father at the fort.

Less than two months after his arrival, John Sutter, Jr. announced that he would build a new town, called Sacramento City – the original name of Sacramento – along the Sacramento River.

Although John Sutter, Jr., who was the eldest of five



Pocket News photo, Lance Armstrong
The gravesite of John Augustus Sutter, Jr. is located just inside the main gates of the Sacramento Historic City Cemetery.

children, passed away at the age of 70 in 1897, efforts to have his remains buried in Sacramento was no simple procedure.

Furthermore, another 66 years passed before his remains were buried in the capital city.

This fact is so, since the younger John Sutter died and was originally buried in Acapulco, Mexico, where he resided after leaving Sacramento in July 1850.

In Acapulco, Mexico, John Sutter, Jr. became a respected civic leader and a representative of the American government. He served as American consul to Acapulco from 1870 to 1887.

Although John Sutter, Jr. had been buried in Acapulco, a major drive to have his remains reinterred in Sacramento began in 1963 as a result of the news that the St. Francis Cemetery, where he was buried, was being moved to a different location due to a redevelopment project in that area.

This drive included the creation of the John A. Sutter, Jr. Memorial Committee of Sacramento – a group consisting of Sacramento historians and civic leaders – and the support of the Sacramento County Historical Society.

Additionally benefitting the relocation of the re-



Photo courtesy, California State Library
John Augustus Sutter, Jr. is shown in this image from an historic painting.

mains was the support of the project by heirs of John Sutter, Jr., who was the father of 12 children, all of whom were born in Mexico.

By the time that the relocation project began, only one of these children – Anna (Sutter) Young – was living.

Also in support of the project was Ricardo Sutter Morlett, a great-grandson of Sacramento City's founder. Ironically, Morlett happened to be serving as the mayor of Acapulco at the time.

Another great-grandson of John Sutter, Jr., Art Sutter, Jr., was locally pledging his support, since he had then-recently moved to the Sacramento area to join a mortgage firm.

Antonio Islas, Mexican consul in Sacramento, also expressed his support of the relocation project.

During the process of obtaining full approval and arrangements for the relocation of the remains, efforts were also made to select a new burial site.

In addition to the city cemetery, Sutter's Fort, the em-

barcadero area of Old Sacramento and the city plaza – today's Cesar Chavez Plaza – were among the proposed sites.

After months of deliberations, complete approval for the re-interment was obtained and arrangements were made for the reburial in the city cemetery.

Sacramento newspapers announced on February 26, 1964 that the city's founder would be reburied in the city cemetery on March 11, 1964 at 11 a.m.

It was also reported that the relocation of these remains would be temporary, as they would later be exhumed and reburied once more; this time in the West End section of the city following the redevelopment of Old Sacramento. These plans, however, were eventually abandoned.

The remains of John Sutter, Jr. were transported from Acapulco aboard the USS Leonard F. Mason, and after the Navy ship's arrival in Long Beach, these remains were then flown via a U.S. Navy plane, which ar-

See Jump, page 21

OPEN HOUSE: Sunday, February 6



Corner lot, 1700+ sq. ft., 3 bed, 1 ba. Estate sale in quiet neighborhood, walking distance to the Tower Theatre and easy access to downtown. New roof, fresh paint, Central H&A, Living room with fireplace, dining room, basement & low maintenance "patio" backyard. Well maintained inside & out.

2644 17th Street • \$322,000

Jeri Hromada

916.761.6734

www.jerihromada.com

DRE# 01324435



MASON-McDUFFIE

Lowly Maintained

Jump: Descendants, civic leaders & city's historical society rallied to bring founder 'home'

Continued from page 20

rived at Municipal Airport – today's Executive Airport – on Monday, March 9, 1964 at 12:30 p.m.

Two days later at 10:30 a.m., a procession left the Clark, Booth and Yardley funeral home at 917 H St. and made its way to the cemetery.

Graveside services were conducted at 11 a.m. at the city cemetery by the Rev. Noel F. Moholy of the St. Francis Catholic Church.

Among those in attendance at the ceremony were: Islas, J. Studer, Swiss consul general in San Francisco, Fred A. Barbaria of the Sacramento County Board of Supervisors, City Councilman Albert Talkin and descendants of John Sutter, Jr., his daughter Anna Young, his grandchildren, Art Sutter, Jr., Reginald Sutter, Jr., Alba (Sutter) Robinson, Dolores (Sutter) Kason, Gloria (Sutter) Parson and Nicholas Sutter, and his great-grandchildren, Ricardo and Marco Morlett.

Pallbearers at the services were memorial committee members, Frank Christy, Raymond Momboisse, Lee Richardson and Miles Snyder.

A memorial luncheon was held at the Mansion Inn – now Clarion Hotel Mansion Inn – at 16th and H streets following the services.

In September 1967, as a response to Anna (Sutter) Young's expressed disappointment with her fa-



Photo courtesy, California State Library
John Augustus Sutter, Jr. is shown in this image from an historic painting.

ther's 24-inch by 24-inch, flat, marble marker at the cemetery, the Sacramento City Historical Landmarks Commission suggested that a more appropriate marker be placed at the cemetery.

The suggestion led to the installation of a much larger, black granite marker at the site. This memorial marker, which also incorporates the original Mexican cemetery marker, was dedicated on Saturday, Oct. 12, 1968 at 11 a.m.

Anna (Sutter) Young and James A. Brown, Jr., chairman of the landmarks commission, unveiled the marker during the brief dedication ceremony, which was followed by a no-host luncheon at the Mansion Inn.

The ceremony was a cherished moment, as well as a timely moment for Anna (Sutter) Young, since she passed away at the age of 81

in a San Francisco hospital only 15 months later.

Services for Anna (Sutter) Young, who was buried alongside her father, were held at the city cemetery on January 27, 1970.

Dr. Bob LaPerriere, who was involved in establishing the committee to preserve the city cemetery and is among the many locals who appreciate efforts that were made to reinter the remains of John Sutter, Jr. in Sacramento, explained what it means to him to view the gravesite of the city's founder at the city cemetery.

"A jolt of historic stimulation comes whenever I enter the gates to the Sacramento Historic City Cemetery at 10th and Broadway," LaPerriere said. "Walking past the gravesite of John Sutter Jr., who founded the city of Sacramento as we know it today, and also donated the first acreage to establish the city cemetery, is a great reminder of the 150-plus years of the wonderful, historic heritage that Sacramento offers."

The final resting place of John Sutter, Jr., as well as the gravesites of many other early, prominent residents of the city, can be visited at the city cemetery daily, from 7 a.m. to 5 p.m., with the exception of Wednesdays, Thursdays and city holidays.

Pasta Sausage Feed

at Elks Lodge #6 • 6446 Riverside Blvd.

Presented by

Ron Domingos & the Fitness Center Crew (aka Mostaccioli Salsiccia Dinner)

Friday – March 25, 2011

No Host Cocktails 6 p.m. • Dinner 7 p.m.
Huge Raffle, Music & Dancing to follow

TICKETS \$15.00 EACH ON SALE IN LODGE OFFICE

You may reserve a table for ten by paying \$150.00 at time of purchase

All proceeds benefit the Fitness Center



Produced by Feld Entertainment

Disney ON ICE

Let's Celebrate!

Join us for a jam-packed celebration of all your favorite holidays!
Tickets start at just \$14!
(Service charges, facility and handling fees may apply.)

FEB. 10 – 13 STOCKTON ARENA

Thu. FEB. 10 • 7:00 PM	Fri.	Sat.	Sun.
OPENING NIGHT	FEB. 11	FEB. 12	FEB. 13
Buy One Ticket, Get One FREE!*	7:00 PM	11:00 AM 3:00 PM	1:00 PM 5:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy Stockton tickets at www.stocktontickets.com, Stockton Arena Box Office or call (209) 373-1700.

FEB. 16 – 21 ARCO ARENA

Wed. FEB. 16 • 7:00 PM	Thu.	Fri.	Sat.	Sun.	Mon.
OPENING NIGHT	FEB. 17	FEB. 18	FEB. 19	FEB. 20	FEB. 21
Buy One Ticket, Get One FREE!*	7:00 PM	11:00 AM 7:00 PM	3:00 PM 7:00 PM	3:00 PM 7:00 PM	4:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy Sacramento tickets at Ticketmaster.com, ticketmaster.com Retail Locations, Arco Arena Box Office or call 1-800-745-3000.

Regular Ticket Prices: \$14 • \$17 • \$23 • \$40 VIP • \$65 Front Row
Limited number of Front Row and VIP seats available.
Call or go online for details.
(Service charges, facility and handling fees may apply.)

Advertise in

California Kids!

Call Marc for more information! 916.429.9901

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Your services are needed! Call (916) 429-9901 and reserve your space on the *Pocket News* Home Improvement page

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

ADDITION SPECIALIST



Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com



CARPET/FLOORING



Carpet/Flooring

Free In-Home Estimates!
Next Day Installation Available!

Carpet, Hardwood, Laminate, Tile,
Vinyl and Window Treatments.

Call Today!

Rick - Sales Rep • (916) 501-5952

Contractors License #770250

CARPET & UPHOLSTERY CARE

Johnny on the Spot

Complete Carpet and Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

Visit our website at www.johnnyonthespots.com for more info, coupons and specials.

Call (916) 997-7895

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

CARPET/ UPHOLSTERY CLEANING

TLC CARPET CARE

Carpet & Upholstery Cleaners

Owner Operator
Local in the Pocket
State of the art Truck Mount

(916)952-3831



CLEANING

PRIME QUALITY MAINTENANCE

- RAIN GUTTER CLEANING
- Pressure Washing (house ext/walkways/all concrete areas)
- Window Cleaning (inside/out/screens washed)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured



Call Jesse (916) 417-4231

CONTRACTOR/REMODELS



THE REMODEL EXPERTS! "Building your dreams!"

(916) 372-0530

Family-owned & operated; Most work done by father & sons

Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

SMALL JOBS/REPAIRS WELCOME!

- Specializing in Kitchen/Bathroom
- Custom Granite, Tile & Stone
- Design/Build
- Room Additions

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!
Residential Specialist

Security Lighting
Computer Circuits Etc
Spa Electrical

New Houses/Additions

(916)344-8735 or (916)752-5308

Ca Lic # 633853 Liability Insured

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs!

I specialize in all areas of Home Improvement!

- Plumbing - Carpentry - Electrical
- Yard Care - Hauling - Sprinklers

Quality work the first time, Guaranteed!

NO JOB TOO SMALL!

Call Eric

(916) 470-3488

Licensed and Insured #152902

HANDYMAN

GUTTER CLEANING & MORE!

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- YARD CLEAN-UP/HAULING
- PRESSURE WASHING

Call LESTER

(916) 838-1247

Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!

Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS*/SERVING THE AREA FOR OVER 10 YRS*



HARDWOOD FLOORING & MORE

Specializing in installing, sanding, and finishing hardwood flooring.

Also do home repairs from painting to electrical work.

Lic # 544159

Call Michael at

(916) 383-8742

YOUR SERVICES ARE NEEDED

CALL Melissa TODAY TO PLACE YOUR AD

(916) 429-9901

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Your services are needed! Call (916) 429-9901 and reserve your space on the *Pocket News* Home Improvement page

HEATING/AIR CONDITIONING

BONNEY
PLUMBING, HEATING, AIR
& ROOPER SERVICE

DON'T BE CAUGHT IN THE COLD!

Season Special
Heating System tune-up \$85

CALL 444-0551

- Heating & Cooling Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements

- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

HOUSE CLEANING

Sandra's Complete House Cleaning

- Weekly/Bi-weekly rates
- One time clean-ups
- Hauling Available
- Pet Friendly & Bilingual

Free Estimates-10% Senior Discount
References Available

Call (916) 427-5340

Navarro-alfonso@att.net

MASTER CARPENTER



MASTER CARPENTER
35 Years Experience / We do it all!

Call 916-799-8040

FREE Estimates • Senior Discounts
C.M. Russell Inc. CA. Lic.# 435800

- Fine Carpentry
- Plumbing
- Electrical
- Bath/Kitchen Remodels
- Misc household repairs of any kind
- Fences

MASONRY

BRICK & STONE

Cultured Stone, Block,
Walls, Patios, Walks,
FREE Estimates

(916) 899-0101

CA Lic #516538/Bonded ~ References

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE

EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience
(916) 422-4416

Dan Sovereign

Interior & Exterior Painting

Lic.#484215

PAINTING

COOK PAINTING

Full Service Company - Start to Finish



- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

(916) 681-4011 • www.cookpainting.com

CSL# 432951

PAINTING

BK
PAINTING

All Interior/Exterior
Custom Painting

Call Bill (916) 519-1175

Ref Avail. • Owner-Operated

Fully Insured/Workers Comp/Bonded
Lic# 792971

PLUMBING



Contractor Lic. # 936953 35 YRS. EXPERIENCE

PLUMBING



**WHEN YOU CALL TODAY!
WE COME TODAY!**
Call 916-469-5934

- \$129 Drain Cleaning
- Trenchless Sewer Repair
- Water & Gas Repair
- Water Heater, Tankless

www.MacsPlumbing.com

PLUMBING

BONNEY
PLUMBING, HEATING, AIR
& ROOPER SERVICE

WE CHARGE BY THE JOB...
SO YOU KNOW THE COST
BEFORE WE START!

CALL 444-0551

- Toilet, faucet, sink & disposal repairs
- Installation of new plumbing fixtures
- Trenchless sewer replacement

- Sewer & Drain Cleaning
- Water & gas line repair
- Water heaters

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

PLUMBING

**ROONEY'S
PLUMBING**

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

ROOFING

HOPKINS ROOFING

33 years experience

Specializing in all types of
roofing & repairs

24-hour call

(916) 731-7073

License #667013

TREE SERVICE

DON'S TREE SERVICE

ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction

(916) 428-4882

(916) 689-5244

www.donandsonreeservice.com

Lic# 331196

TREE SERVICE/GARDENING

Terra Bella

TREE SERVICE & CLEAN-UP

"Not your typical mow, blow & go company!"

- Full yard maintenance
- One time clean-up
- Sprinkler repair

Call Randy (916) 454-3430 or 802-9897

www.terrabellagarden.com

Lic# 152584

YOUR SERVICES ARE NEEDED

**CALL Melissa TODAY
TO PLACE YOUR AD**

(916) 429-9901

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

FEBRUARY

'A Pioneering Collection'

Daily, through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

'The Vase and Beyond'

Daily, through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this col-

lection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. 1:15 p.m.-3:45 p.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

Big Band Dance

Feb. 3, 8, 10, 15, 17, 22, 24: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Feb. 3, 10, 17, 24: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic Disease group

Feb. 3, 10, 17, 24: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247.

Rotary Club of East Sacramento

Feb. 3, 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Feb. 3, 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs.

Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Feb. 3, 10, 17, 24: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Feb. 3, 10, 17, 24: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Kiwanis Club of East Sacramento-Midtown

Feb. 4, 11, 18, 25: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Feb. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Feb. 4, 11, 18, 25: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald. (916) 363-6927

Book Club

Feb. 5: Enjoy lively book discussions and light refreshments as we discuss "Depths of Glory: A Biographical Novel of Camille Pissarro" by Irving Stone. 11 a.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

Food Addicts Anonymous

Feb. 5, 12, 19, 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

- EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

Safari Tours

Spring Travel Fair

Coloma Community Center Auditorium
4623 T Street
Thursday, February 10, 2011
10 a.m. to 12 p.m.
Learn about one-day & overnight trips for Active Adults PLUS a presentation by Collette Vacations FREE! Refreshments & Prizes!
For more info please call (916) 808-8687
City of Sacramento Parks & Recreation

Arts & Crafts Faire

at Raley Field Opening Saturday April 2, 2011 8 a.m. to 3 p.m.

Event 1st and 3rd Saturday
VENDORS WELCOME!
(916) 798-3819
WestSacSaturdayMarket.com

St. Michael's

Actors Guild (S.M.A.G.)

A COMEDY
Upcoming Play "Murder-Go-Round"
By Fred Carmichael
AUDITIONS: Tues., Feb. 22, 7 p.m. and Wed., Feb. 23, 7 p.m.
at 2140 Mission Ave., Carmichael
Contact paulhauck@comcast.net
Show Starts, May 6th
For more information, call the Box Office @ (916) 557-0151

CALL AND PLACE YOUR

EVENT TODAY!

Cost will fit your budget!
(916) 429-9901

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$35/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

HANDYMAN

CLEANUP SPECIALS
Gutter cleaning- Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **Specials for seniors. Licensed.**

HANDYMAN SERVICES

No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

Sell your furniture
in the classifieds
call Melissa at 429-9901

HARDWOOD FLOORING & HANDYMAN
Install, sand & finish hardwood flooring. Also, home repairs from painting to electrical work. Call Michael at (916) 383-8742. Lic#544159

PERFECT GIFT!

PET PORTRAITS
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph-turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

STYLISTS WANTED

STYLISTS WANTED
Independent, experienced stylists with client base wanted for friendly, established, full service salon & day spa in prime location in So. Land Park. \$450/month rent. Towels included. Come join our team! Contact Yolanda at 739-8194. Visit our website at sacramentohairsalonandspa.com

Call 429-9901
for ad rates for
Classified and
Home Improvement

TAX PREPARER

#1 TAX PREPARER
26 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. Same low 1990 rates. www.taxirene.info

Sell your car! 429-9901

BOOKKEEPING

#1 BOOKKEEPER
26 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820. www.taxirene.info



Jeri Hromada
916.761.6734
www.jerihromada.com
jeri.hromada@bhghome.com

Buyer's Agent
NWS 04-0-0000
DRE# 01324435

Offered at \$322,000
2644 17th Street - 95818

Old Land Park, 1700+ sq ft, 3 bdrms, 1 ba, Living rm w/fireplc, din rm, new roof/new paint, Cent H&A, partial basement, low maintenance "patio" backyard, clean inside & out, quiet neighborhood, corner lot.

FOR A BOX CLASSIFIED AD

Call Melissa
429-9901

Pocket News
Classified Ads work!

ADVERTISE YOUR RENTALS

Call 429-9901

Call Melissa at 429-9901 and place your ad today!

Junior League crab feed: Denim & Diamonds

Feb. 5: Like crab? Everyone is invited to join the Junior League at their festive, 6th annual Crab Feed fundraiser. \$45/ticket in advance, \$50/ticket at door, if available. 5 p.m.-10 p.m. St. Mary's Catholic Church, Giovanni Hall, 1333 58th St., Sac. www.jlsac.org

Sac Sheriff's Dept. on 'COPS'

Feb. 5: Check local listings on FOX for the Sacramento Sheriff's Department, which will be featured on upcoming episodes of "COPS" at 8 p.m. or 8:30 p.m. Episodes can be downloaded from iTunes after airing or viewed on www.Hulu.com

Calling all astronauts

Feb. 6: Have a blast at the Discovery Museum! Visit the new *Space Quest!* exhibit - out-of-this-world fun for the entire family. Celebrate the Founding of NASA: kids can remember their visit by making a take-home astronaut finger puppet. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m.-4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

Co-Dependents Anonymous

Feb. 6, 13, 20, 27: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Feb. 6, 13, 20, 27: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Free Museum Day

Feb. 6: 13th annual Sacramento Museum Day. 26 museums in the greater Sacramento area will offer free admission all day. Sacramento Museum event hours are 10 a.m. to 4 p.m. but note all participating museums close at 5 p.m. (with the last guests admitted at 4 p.m.). Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Sunday Support

Feb. 6, 13, 20, 27: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Co-Dependents Anonymous

Feb. 7, 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Feb. 7, 14, 21, 28: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Feb. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Feb. 7, 14, 21, 28: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

South Area Changes Are Coming - RT Wants to Hear from You!

The Sacramento Regional Transit District (RT) has made some revisions to the design for the Blue Line to Cosumnes River College light rail extension project (also referred to as South Line Phase 2).

An Environmental Assessment of those revisions is currently underway. RT would like to share information about the proposed revisions and receive community input for use in the analysis of the revisions.

Please join us at a public information meeting to learn more about the design revisions and provide feedback to RT.

Thursday, February 10, 2011
Susan B. Anthony Elementary School
7864 Detroit Boulevard, Sacramento, CA 95832

6:30 p.m.-7:00 p.m. Open House
 7:00 p.m.-7:30 p.m. Presentation
 7:30 p.m.-Open House Resumes

Topics covered at this meeting will include:

- Updated right-of-way information
- Modified alignment for the relocation of a 20-inch PG&E natural gas pipeline
- Additional revisions to other design elements

For more information, contact Jo Noble, RT Senior Community and Government Affairs Officer, at jnoble@sacrt.com or 916-556-0118.



Sacramento Soccer Alliance
2011 Select Soccer Tryouts

For more information & to register for SSA Tryouts, please visit:
www.SacramentoSoccerAlliance.com

U9 - U11

John Cabrillo Elementary

1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)

- Saturday, January 22nd
- Saturday, January 29th

- U9s 9:00 - 10:30 am
- U10s 10:30 - 12:00 pm
- U11s 1:00 - 2:30 pm

U12 - U14

John Cabrillo Elementary

1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)

- Saturday, February 19th
- Saturday, February 26th

- U12s 9:00 - 10:30 am
- U13s 10:30 - 12:00 pm
- U14s 1:00 - 2:30 pm

U15 - U19

Bill Conlin Park

Pocket Rd & Freeport Blvd (I-5 & Pocket rd/Meadowview Exit)

- Saturday, April 16th
- Saturday, April 23rd

- U15s 9:00 - 10:30 am
- U16s 10:30 - 12:00 pm
- U17-U19 1:00 - 2:30 pm

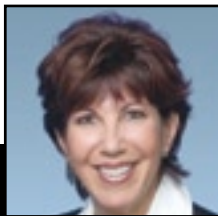


THE POWER OF LYON . . . WE DELIVER

Reputation . Knowledge . Honesty . Communication . Results



Wanda Noack
 761-6748
 DRE# 00946526



Sue Vitiello
 212-1215
 DRE# 00826116



John Woodall
 421-5421
 DRE# 01232653



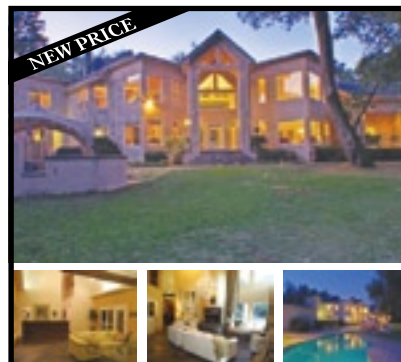
Attractive Pocket/Greenhaven Home
 3 bed, 2.5 bath, tiled entry leads to formal living & dining room. Kitchen has plenty of cabinets, opens to spacious living room w/ fireplace. Nice sized backyard, landscaped with a sparkling pool 129 Fortado Circle\$315,000
 Wanda Noack 761-6748



Greenhaven Home
 Exceptional remodeled Greenhaven home with class and character. Quiet moments in the new serene Master Bath. Walk to park and Cabana Club. A Dream come true. 3-4 bed, 3 bath \$375,000
 Sue Vitiello 212-1215

For answers about Short Sales visit:
www.CapitalCityShortSales.com
Certified Short Sale / HAEA Specialist
 John Woodall, GRI, SRES 916-421-5421
jwoodall@golygon.com

JUST LISTED
Welcome To Your Gated Community!
 Rare, 3 bed, 1.5 bath unit, remodeled/upgraded kitchen, living room & downstairs bath. Kitchen has granite counters, recessed lighting, new cabinet, re-oriented for open feel. Oversized flooring throughout ground floor. Dual pane windows, sliders & cordless window blinds. Don't hesitate, you'll be too late! Please visit www.CapitalCityShortSales.com for more info. ..\$104,000
 John Woodall 421-5421



Oak Forest Estate
 Amazing 4+ acre Oak Forest Estate! Luxury custom home with quality craftsmanship & style. Almost 6000+sqft (per seller), 4 bedroom, 6 bath estate includes a master suite, 3 fireplaces, media room, pool, waterfall, outdoor kitchen & fireplace. Forest-like setting bordering Arden Creek with horse stables, arena, pastures & barn.
 4349 Sycamore Avenue \$999,000
 Sindy Kirsch 730-7705

Community honors fallen hero

Special to Pocket News

As if nature was in mourning, cold gray skies met those gathered to honor Spc. Martin J. Lamar at his funeral procession on Jan. 29.

Spc. Lamar, 43, was killed on his anniversary just days before his tour in Mosul, Iraq was to end, leaving behind his wife, two adult children, 7 year old son and three month old daughter whom he never got to meet. He was a graduate of Foothills High School.

Members of Sacramento Elks Lodge No. 6, California Elks North Central District, veterans and passersby lined

the streets near Klumpp's Mortuary, American flags in hand, as the funeral procession transported the fallen soldier to St. Rose's Catholic Church for services.

Escorted by military, law enforcement and the Patriot Guard Riders, the procession began the first leg of the journey. At the church a larger crowd had formed. For the final leg of his journey to St. Mary's Cemetery, hundreds had gathered.

The skies were gray, the weather cold...but love, admiration and gratitude warmed the hearts of all attending.



Photos courtesy, Barbara Cherry



MONA GERGEN
247-9555



DUNNIGAN
Realtors

"Call for a private showing"

Just Like Brand New!







4 bedroom plus a bonus room that can be a 5th bedroom. Master Suite is downstairs. Enormous kitchen overlooking a wonderful family room with built-in entertainment center. Many upgrades including kitchen & bathroom cabinets and french doors. Lots of cabinet & storage space throughout. Formal dining room, 3 car tandem garage, designer paint & custom wood blinds. Tile roof & stucco exterior. Wonderful floor plan with high ceilings.

6928 Rio Tejo Way - \$299,000

PINKY STAR
Making Every Event Memorable

COME JOIN THE FUN!

VIENTOS
POCKET/GREENHAVEN
KIDS EAT FREE NIGHT
MONDAY - 5PM

CHEVY'S, HOWE & HURLEY
TUES & SUN NIGHTS • 5-8PM
TEL: (530) 613-6360

- Balloon Animals
- Face Painting
- Magic Shows
- Easter Bunny

★ ★ ★ ★ ★

- Birthday Parties
- Grand Openings
- Company Picnics
- Fairs & Festivals
- School Shows & Carnivals



Arts & Crafts Faire at Raley Field*
Opening Saturday, April 2nd, 2011



VENDORS NEEDED!
Reserve your Booth Today!
WestSacSaturdayMarket.com
916-798-3819

Outdoor Year Round Arts & Crafts Market
1st and 3rd Saturday, April thru December
* Parking lot B-1

Handmade One of a Kind Pieces • Fresh Produce • Local Artists • Kids Zone • Swap Meet

PARKSIDE PHARMACY
COMPOUNDING & WELLNESS CENTER

HAPPY VALENTINE'S DAY!
Make this Valentine's Day special for your loved ones and yourself!!

Make this Valentine's Day special for your loved ones and yourself!
Purchase a Spa service for your sweetheart and get half-off any spa service for yourself (or another sweetie in your life!)

Look gorgeous for your loved one!
Come in for **FREE** make-up application (a \$45 value) during the month of February with the purchase of two or more cosmetics!

Spread the love this Valentine's Day!
Gorgeous jewelry from France, Brazil & the USA, unique kid toys and gifts, framed local art and greeting cards. Gift Certificates available!
XOXOXO

Beauty Boutique + Delivery + Cakes & Gifts + Full Service Pharmacy
Specialty Compounding + Competitive pricing + Compliance packaging + Skin Spa

Transfer your prescriptions and receive **FREE REJUVENATING FACIAL** (\$55.00 value!)

4404 Del Rio Rd.
Sacramento, CA 95822
Phone 916.452.2200
myparksidepharmacy.com



LAND PARK GOLD & SILVER
A Family Shop LIC# 34041416

Jewelry • Rare Coins
UNWANTED BROKEN GOLD OR SILVER?
Turn It Into Cash!



We Buy and Sell Gold, Silver, Jewelry, Coins
Buying 7 Days a Week: M-F 8-6pm, Sat 8-5pm, Sun 10-4pm

Watch Batteries
\$5.00 + Tax
Excludes Swiss & Lithium. Limit 10 Installations.
(Some Restrictions Apply) Expires 02/28/11

5100 Freeport Blvd
(next to Gem Auto Wash)
916.457.2767



See More Photos & Open House Schedule for my "Featured Homes" at:
GreenhavenPocketHomes.com

1329 Sharon Way – \$229,900 >
 "Country-in-the-City" setting!
 3bd 2ba w/family rm. Exposed
 wood flooring in entry, living rm,
 hall & bdrms. Upd roof & dual
 pane windows. Generous yards.
 RV/Boat access & pad. More!



< 6940 Westmoreland – \$299,900
 Immac 1-owner home! 3bd 2ba,
 fam rm, 2 frpcs! Updated interior
 colors for a fresh look! Many big-
 ticket updates include roof, dual-
 pane windows, A/C & gas heat,
 gas range & more! Apx 1,907 sf*

6500 Greenhaven Dr – SOLD! >
 Outstanding 3bd 2ba, 1-story
 Custom. Upd kitchen & baths
 w/granite. Fam rm, formal dining
 Upd roof, windows, doors, more!
 Spa & covered patio. Potential
 boat access. Apx 2,101 sf*



* Per public records or other sources deemed reliable, but has not been verified by agent or broker; interested parties to verify.

"I truly thank you for exceeding every expectation I could have of a superlative Realtor®, and then some. The results speak for themselves, but the process leading to the results was truly where you shined..." Ron Tugender, Seller – Pocket Area



Over 30 Years Experience - References
 Greenhaven / Pocket Area Specialist
 Masters Club, Outstanding Life Member

Bill Bonner
 (916) 320-1888
 Bill@PocketAreaHomes.com



Prudential

Dunnigan Real Estate

DRE# 00692245



GreenhavenPocketHomes.com

**Let us build
 an ad to fit
 your
 company's
 needs**

One of our graphic
 artists will design a
 free of charge
 advertisement for you
 or your company, when
 you advertise in one of
 our publications. For
 more details on this
 offer, give us a call at
429-9901

Live a Healthier Life!
 Tuesdays, February 22 - March 29, 2011
 9:00 - 11:30 a.m.
 ACC Park City • 7375 Park City • Sacramento, CA 95831

Battling fatigue, pain, or
 the challenges of an
 on-going chronic illness?
 Feel stressed from balancing
 medical appointments and
 family commitments?
 If these situations sound
 familiar, this class is for you!

ACC presents a **FREE** six session
 series of workshops developed by
 Stanford University. Learn how to take
 control and live a quality life!
 Develop and practice strategies that
 effectively manage chronic conditions!

FREE

Space is limited! Reservations are required! Please call
 Lucy Chao at (916) 393-9026 ext. 322 to reserve your seat.

Supported by a generous grant from
 Kaiser Permanente Community Grants Program



**HeavenLy's
 Yogurt**



www.HeavenLysYogurt.com

Kids get first 4 oz. FREE every Friday from 4-8pm

7600 Greenhaven Dr., #21
 (916) 455-6000
 Sun-Thu: 11am-9:30pm, Fri-Sat: 11am-10:30pm

5535 H Street, #10
 (916) 422-8120
 Sun-Thu: 11am-9:30pm, Fri-Sat: 11am-10:30pm

FREE YOGURT
 Get a FREE 8 oz. yogurt when you purchase
 8 oz. or more of yogurt.
 Limit 1 free 8 oz. yogurt per coupon.
 One coupon per person per visit with coupon. Not valid
 with other offers. Exp. 2/28/11



Prudential

Dunnigan Real Estate

PRUDENTIAL DUNNIGAN REAL ESTATE

6355 Riverside Boulevard • (916) 422-3756 www.prudunnigan.com

THE CLEAR CHOICE WHEN RESULTS MATTER

1217 RIDGEWAY DRIVE \$458,000



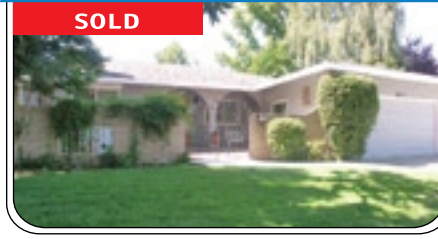
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APX 2735SF.
JOHN WONG 531-7150

6534 BENHAM WAY \$369,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1639SF.
NICK LAPLACA 764-7500

6500 GREENHAVEN DRIVE \$319,900



SOLD

SINGLE FAMILY, 3 BEDROOMS, 2 BATHS, APPROX. 2,101 S.F.
BILL BONNER 320-1888

6940 WESTMORELAND WAY \$299,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1907 SF
BILL BONNER 320-1888

7 NORTHLITE CIRCLE \$299,000



SINGLE FAMILY, 4 BEDROOM, 2 BATH 2186SF.
MELODY TACTAQUIN 612-0825

445 SAILWIND WAY \$269,500

PENDING



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1658SF.
MARY J LEE 425-3749

7709 EAST PORT (LOT 40) DRIVE \$235,000



RESIDENTIAL LOT, .192 ACRE
MARSHA CHAN 422-3756

1329 SHARON WAY \$229,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1406SF.
BILL BONNER 320-1888

44 CACHE RIVER CIRCLE \$219,500



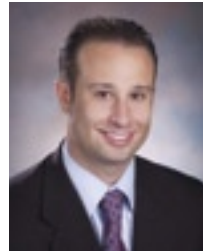
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1180SF.
NICK LAPLACA 764-7500

7311 RIVERWIND WAY \$209,900



2-3 BEDROOMS, 2.5 BATHS, 1,779 S.F.
JOLEEN DUNNIGAN 717-3559

Prudential Dunnigan Real Estate
is pleased to welcome these veteran agents



Brandon Greenberg



Dawn Rowe



Monika Weyer



John Wong

6708 BREAKWATER WAY \$275,000



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2023SF.
LYNN LUK LEE 628-2843

230 PORTINAO CIRCLE \$248,000



HALFPLEX, 2 BEDROOM, 2 BATH, 1538SF.
NICK LAPLACA 764-7500

ANTELOPE
8222 FOUNTAINARBOR WAY-\$176,900
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1883SF.
BRANDON GREENBERG 224-0903

CITRUS HEIGHTS
7244 PARKVALE WAY-\$127,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1416SF.
BRANDON GREENBERG 224-0903

CLARKSBURG
RYDER ROAD-\$400,000
22.140 ACRES
TERRY MULLIGAN 775-1908

COURTLAND
11167 RIVER ROAD-\$500,000
5 ACRES
TERRY MULLIGAN 775-1908

ELK GROVE
5121 GOLDEN GLORY WAY - \$300,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 3146 SF
MARY J LEE 425-3749

9367 FOULKS RANCH DRIVE-\$195,000
NEW PRICE
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 2031SF.
BRANDON GREENBERG 224-0903

10310 GILLIAM WAY - \$239,950
PENDING
3 BEDROOMS, 2.5 BATHS, 2659 SF WITH A 3 CAR GARAGE.
JOLEEN DUNNIGAN 717-3559

8978 BRADSHAW ROAD-\$299,950
ACREAGE, APPROX. 5 ACRES
BOB WILSON 686-6868

2916 TURNBUCKLE CIRCLE-\$180,000
NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1596SF.
DAVID OHARA 600-9495

3136 E LAGUNA COURT-\$257,000
NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1424SF.
BOB WILSON 686-6868

FAIR OAKS
4751 LLANO LANE-\$169,950
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1208SF
BOB WILSON 686-6868

4645 HAZEL AVENUE-\$319,900
SINGLE FAMILY, 3 BEDROOM, 2 BATHS, APPROX. 1723 SF
ANGIE MATSUMOTO 949-6557

GALT
929 COLSON COURT-\$170,000
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1634SF
DAVID OHARA 600-9495

RIO LINDA
6944 5TH AVENUE-\$55,000
SINGLE FAMILY, 3 BEDROOM, 1 BATH, APPROX. 852SF.
BRANDON GREENBERG 224-0903

SACRAMENTO
2801 ALBATROSS WAY-\$119,900
SINGLE FAMILY, 3 BEDROOM, 1 BATH, APPROX. 1050 SF
DAVID OHARA 600-9495

1217 RIDGEWAY DRIVE-\$458,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 2149SF.
JOHN WONG 531-7150

2940-2932 FREEPORT BLVD.-\$990,000
2 UNITS
TERRY MULLIGAN 775-1908

5154 CONNECTICUT DRIVE #4-\$51,000
NEW LISTING
CONDO, 2 BEDROOM, 1 BATH, 924SF.
BRANDON GREENBERG 224-0903

1900 ONELL WAY-\$129,900
PENDING
DUPLEX, 2 UNITS
JOHN WONG 531-7150

7709 EAST PORT DRIVE-\$235,000
RESIDENTIAL LOT, .192 ACRES
MARSHA CHAN 217-5500

2812 NORMINGTON DRIVE-\$100,000
SINGLE FAMILY, 4 BEDROOM, 2 BATH, APPROX. 1390SF.
BRANDON GREENBERG 224-0903

5613 CAZADERO WAY-\$99,000
SINGLE FAMILY, 2 BEDROOM, 1 BATH, APPROX. 839SF.
BRANDON GREENBERG 224-0903

2030 48TH AVENUE-\$75,000
NEW PRICE
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1508SF.
BRANDON GREENBERG 224-0903

1209 NORTH AVENUE-\$75,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX.1120SF.
TERRY MULLIGAN 768-3796

7655 DYER COURT-\$219,000
SINGLE FAMILY, 5 BEDROOM, 4 BATH, APPROX. 2752 SF
JOLEEN DUNNIGAN 717-3559

WALNUT GROVE
14744 WALNUT GROVE-THORNTON ROAD-\$999,999
VINEYARDS HOME, 2 BED, 3 BATHS, 2400 SF.
TERRY MULLIGAN 775-1908

13201 RIVER ROAD-\$299,950
NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1200SF.
TERRY MULLIGAN 768-3796